



## RECREATION DEPARTMENT

*The Heart of the Neighborhood*

[www.chulavistaca.gov/rec](http://www.chulavistaca.gov/rec)



### September Community Connection – Recreation Department

#### Monteville Center

Monteville has weekly activities planned for the month of September:

Thursdays 4:00-5:00pm      Arts and Crafts-Staff will have a different project each

week. For kids ages 4-10 yrs FREE

Fridays 1:30-3:30pm      Middle School Tournament-A tournament will be planned  
each week during the month of September. FREE

Sept. 5                      Ultimate Handball Tournament

Sept. 12                    Dodgeball Tournament

Sept. 19                    Ultimate Frisbee

Sept. 26                    Kendama Tournament

Friday Sept. 26 - 7:00-10:30pm      Free Family Movie Nights-Recreation activities begin  
at 7:00pm and the movie will start at approximately 8:00pm. We will be showing "The  
Hotel Transylvania". There will be snacks and drinks available as well. This will kick off  
our month of Halloween activities during the month of October. All ages may attend this  
event.

#### Salt Creek Center

Salt Creek Community Park & Recreation Center, 2710 Otay Lakes Road, (619) 585-  
5739: New! Open play badminton on Saturday mornings between 8 a.m. to 12:00p  
throughout the month of September in the North Gymnasium.

Full Body Boot Camp (\$108 resident, \$135 non-resident) continues with its 2<sup>nd</sup> and final  
session of the summer on Sundays, September 7 – September 28 between 1:20pm-  
2:10pm.

The end of summer Preschool Summer Camp on September 9-12 (\$45 resident, \$56  
non-resident) and September 16-19 (\$45 resident, \$56 non-resident) for children ages  
3-5 offers a full morning of fun and educational activities.

#### Adult Sports

Salt Creek Recreation Center, 2710 Otay Lakes Road, (619) 691-5052, Adult Sports  
Fall Basketball league begins registration on September 8 (Team Fee \$\$285) for Men's  
Divisions D2,D1,C, and two new offerings (Men's 35+ and Women's Only). Games will

be played at Montevale, Parkway, and Salt Creek Recreation Centers. For further information, contact Frank Byrd, Recreation Supervisor III.

## **Aquatics**

If you want to entice your little ones to read more and learn to be safe in the water, we can help! Thanks to a grant from USA Swimming Foundation, Chula Vista is offering a new and unique program, **Read to Swim**. The program is designed to address three vital issues affecting youth: water safety, literacy and the fight against childhood obesity. Children are rewarded for reading by receiving free swimming lessons at City pools. Those ages 4 to 16 years old must read an age appropriate book and then write a brief book report. Books can be obtained from home or the library and those who cannot yet read, may have a parent read to them and draw a picture of their favorite part of the story. Book report forms can be picked up at the nearest City pool or downloaded at [www.chulavistaca.gov/goto/swim](http://www.chulavistaca.gov/goto/swim).

The Read to Swim lessons are scheduled at both City Aquatic Centers: Parkway, 385 Park Way and Loma Verde, 1420 Loma Lane. Only walk-in registration is accepted for this free program with registration beginning August 18, from 3-6:45 p.m. Loma Verde Aquatic Center will host the first two sessions with Session One held from September 2-12, and Session Two from September 15-26. Parkway Aquatic Center will host Session 3 from September 22-October 4, and Session Four from October 6-17. All sessions will be held Monday through Friday, between 4-7 p.m.

Children participating in the Read to Swim program will be asked to take a Soda Free Challenge during their swim lessons and commit to not drink soda for two weeks. They will also be asked to track their consumption of fruits and vegetables each day of the challenge.

In addition to the above free programs, registration for **fall swimming lessons** will begin on August 11, at 8 a.m. online at [www.chulavistaca.gov/goto/swim](http://www.chulavistaca.gov/goto/swim), or walk-in registration on August 18, from 3-6:45 p.m. Fees are \$35 for Chula Vista residents and \$44 for non-residents. Private swim lessons are also offered at \$80 for four 30-minute classes. For more information and registration times, please call Parkway at (619) 409-1985 or Loma Verde at (619) 409-1987.

## **Otay Center**

### Extended Recreation

The OTAY Recreation Center will be offering extended recreation programming the week of Monday, September 22<sup>nd</sup> through Friday, September 27<sup>th</sup> from 12 4PM. Special events, arts & crafts, new & traditional games will be offered during that week.

## **Norman Park Center**

Cool Zone Movie Marathon & Ice Cream Social Part 2: Thursday, Sept 11 from 11am–3:30pm

Entertain your brain while keeping cool and staying out of the dangerous heat. Stay for both movies or come for just one. Ice cream will be served between movies for those who reserve a seat. First movie starts at 11am & second movie starts at 1:30pm. Call (619) 409-1930 to reserve your spot.

### **Health Fair: Thursday, Sept 25 from 11am-2pm**

Norman Park will be hosting its annual Health Fair on September 25th at 11am - 2:00pm. We will have over 30 booths as well as several health care screenings including balance, blood pressure checks, flu shots and more. Additionally, a variety of safety, housing, and care information geared toward those 55+ will be available. The event will include an opportunity drawing for prizes and coffee/tea will be available for FREE. Call (619) 409-1930 for information.

Looking to have fun and meet new people while getting more exercise? Join us on Tues & Thurs at 9am for Shuffleboard at Norman Park Center. For more information call us at 619-409-1930.

Norman Park Center at 270 F Street is now offering Fitness Center memberships for only \$35 a quarter. Our fitness center has a variety of cardio equipment, balance activities, weight machines, free weights, stability balls, kettlebells and much more. To schedule a tour, call 619-409-1930.

Norman Park Center hosts a Parkinson's Support Group the first Tuesday of every month from 10am-11am. For more information call Jennifer at 858-273-6763.

Interested in taking the AARP Driver Safety Course, which in some cases, can lower your insurance cost? Norman Park Center hosts the driver safety classes on the first and third Wednesday of the month from 12pm-4pm. Classes cost just \$15 for AARP members and \$20 for non-members. You must sign up in advance by calling 619-409-1930.

### **Staying Healthy With Diabetes: Monday, Sept 22 at 9:00am-10:00am**

Hosted at Norman Park Center, presented by a registered diabetics dietitian educator. You will learn about meal planning and eating to help control your diabetes. This presentation is designed for people with diabetes or those who care for somebody with diabetes. Call ahead to reserve your spot at 619-409-1930. Healthy snacks will be provided.

Car-Fit Event For Older Drivers: Thursday, Oct 9 at 10am-2pm

Back by popular demand, AARP and the Norman Park Center are teaming up to offer senior drivers a FREE opportunity to check how their cars "fit" them in only 15 to 20 minutes. Trained professionals take older drivers through a 12-point checklist with their vehicle, recommending minor adjustments to help make their cars "fit" better for comfort

and safety. If you plan to attend, you must call (619) 641-7020 to reserve your time. Limited number of registrations available so call early to book your Car-Fit appointment.

Scripps Family Residency program provides the following health talks at Norman Park Center. Healthy snacks are provided.

- Sept 8 @ 10am Cold vs Flu: Muscle aches, coughing, fever, sore throat, runny nose and fatigue. Are you feeling under the weather? Do you have a common cold or the flu? Come and learn how to tell the difference between the common cold and flu and what treatments are recommended.
- October 13 @ 10am Cancer is Everyone's Concern : No one wants to think about cancer but by thinking and acting defensively you can help protect your health. Although the exact causes of cancer are unknown, we do know factors that put us at higher risk. Learn ways to increase prevention, warning signs, symptoms and treatment options.